

Have a safe and fun fall break!

LEBANON VALLEY COLLEGE'S STUDENT NEWSPAPER

La Vie Collegienne

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THIS WEEK IN LA VIE

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"OK, so this so-called solution to the UG problem solves nothing!"

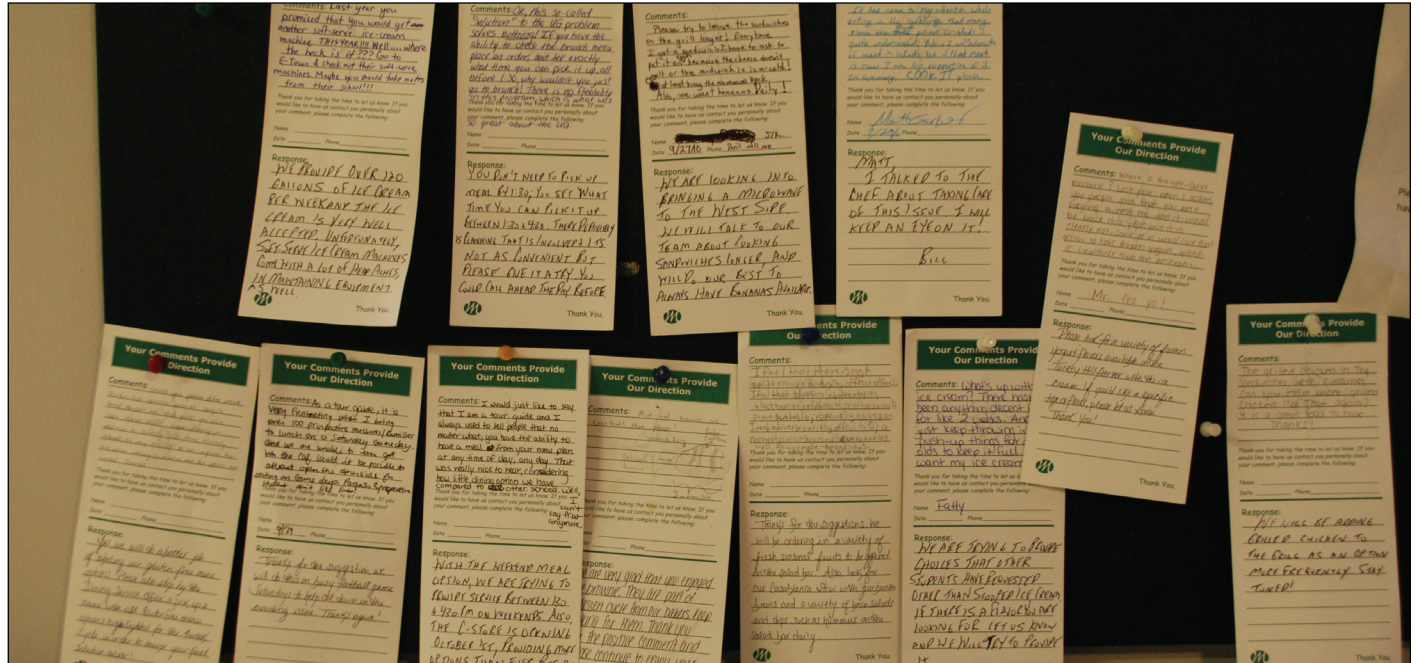


Photo by Cody Shepp '12 / LA VIE

Lunch Lunacy: What is wrong with our food service?

NATOSHA KREAMER '13
LA VIE STAFF WRITER

Like most other college students, I too am guilty of waking up at noon on weekends. From the time I physically get out of bed until the time I am prepared to leave my dorm, a

full hour may have passed. So by the time I've actually dragged myself to the cafe, I find it has already

Opinion

closed for the day. Then after venturing down to the UG, I arrive only to be extremely disappointed. If you have not taken notice to this absurdity al-

ready, you are in for a big surprise one week-end as your stomach growls around 2:00 p.m. Because the UG is no longer open for the weekends, many students find themselves in a predicament. Not only are we going hungry, but we have remaining meals, which are
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Grand opening of the C-Store

DAN CALLAHAN '14
LA VIE STAFF WRITER

Friday, Oct. 1 marked the grand opening of LVC's C-Store. It is located inside of the New Student Center, on the west side of campus. The C-Store gives students access to a variety of foods, snacks, drinks and other necessities for relatively cheap prices during the evening hours. The more anticipated items, heroes and smoothies, will be available starting Oct. 13. Students can use flex dollars or cash there. The C-Store is open Monday through Friday, 8 p.m. to 1 a.m., and Saturday through Sunday, 7 p.m. to midnight.

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Photo by Cody Shepp '12 / LA VIE



WE WANT YOUR FEEDBACK



lavie@lvc.edu



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FREE | TAKE ONE

NEWS

LUNACY: Student reacts to UG closing on weekends

Continued from Page 1

already paid for but cannot be used.

But being closed on the weekends is just the start of the inconvenience that Metz, the food-service provider, has put forth to LVC students.

The variety of food choice at LVC on weekends, quite frankly, stinks. To begin with, we only have two places to eat on campus which allow for a meal exchange option: the café or the UG. On the weekends, half of the café is closed; already there is a limited choice. You want a grilled sandwich? Sorry, we do not offer that luxury here on Saturdays. And now that the UG is closed, say goodbye to your food choices from there.

While most people like brunch, many of us prefer more of a food choice than scrambled eggs. Personally, I hate brunch. The pure existence of brunch and the fact that the UG closes on the weekends combined led me to choose the lowest possible meal plan option. I want to make it known to Metz that they are losing money from many students this way.

And because half of the cafeteria is closed on the weekends, there is no space. A limited space shows an awful image for our visitors. I've heard visitors, shoving their way through the crowd of LVC students to eat, ask a student, "Is it always like this here?" And, as much as I

love LVC and want to promote our school, I cannot lie to a perspective student by answering "No." Does Metz not realize how appalling of an image they are promoting?

Also, last year, as many recall, the UG was open until 10:00 p.m., so students who were active participants in sports, night classes or long nights of studious activity were still able to get the meals they deserved. Now these students must suffer without food or they work around the limited meal times. I am one of these people.

Personally, my Monday nights are busy. My last class ends at three and at that time I trudge back to Mary Green to finish my homework, as I know I have a busy night ahead of me. Around 5:10 p.m., I make my long journey over to Mund for our La Vie meeting. Straight from there, I work on campus from 6:00 p.m. to 9:00 p.m. I'm too busy to eat before my meeting (and not only that, but who wants to eat dinner before 5:00 p.m. when they ate lunch a short 4 hours ago?) and when I'm starving after work, I can no longer head to Mund to have a hot meal.

Now, I will be the first to admit that I love the idea of flex dollars: it's great when we want to go to InterMetzo to enjoy a coffee, and with the C-Store opened, it is truly a convenient option. But, if we're

going to offer this magnificent option of the C-Store, why are we being restricted to flex-use only? At other schools, such as Susquehanna University, they can use their meal exchange option at the convenience store. If the C-Store, the UG and cafeteria were all available for meal exchange use, I can guarantee that I would be much more willing to "up" my meal plan.

In my opinion, we should have somewhere to eat on this campus virtually 24/7. We are paying for these meals and we should be able to eat them. Adding an additional meal time, such as a "late night" option after dinner, could solve this problem, which would allow those students with busy schedules to eat when they had time. The point to being a college student is for the experience and education, after all.

As you can judge from the continuously overflowing comment board, students are unhappy, and what I advise Metz to do is listen to the students. Offer more of what we want before all of us cut our meal plans down to virtually nothing. We understand we are a small school and cannot have 10 places on campus to eat, but when we have two, at least make them both available to us on the weekends so we can eat what we paid for.

N. KREAMER

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Coffeehouse series underway at MJ's**EMILY GERTENBACH '11**

LA VIE STAFF WRITER

School is several weeks in session, the leaves are changing, the temperature is dropping—and, like every fall, the annual Lebanon Valley College Coffeehouse Series is once again well underway, bringing free music to campus and community alike. Fitting for such a musical school, the series features a different performance on selected Wednesday nights at 9:30 p.m. at MJ's Coffeehouse in Annville. Three of the four scheduled performances listed in the Live Calendar (www.lvc.edu/live-calendar) are student musicians. September's performance featured The Lonewolf Project, also known as Phil Freeman '11, a

digital communications and music business major.

Tonight's musical event is a campus duo comprised of Brad Snyder '11, a music recording technology major, and Brianna McGroff '13, also majoring in music recording technology and music business. The pair will be covering several genres of music during their performance.

Future Coffeehouse Series performers are scheduled for the rest of the semester. They include The Cardinelles on Nov. 3 and Mark Rust on Dec. 1. The Cardinelles are another student duo of roommates Judi Garcia '12 and Rachel Beazley '12, both music education majors. Rust, however, breaks the string of student performers with his seasonal show that has been

featured at LVC Coffeehouses in previous years. The Cardinelles are also repeat performers in the coffeehouse series, having been a part of the programming in the Spring 2010 semester.

Sponsored by the Student Programming Board, the series is always free to anyone who wishes to attend. The Coffeehouse series are yearlong events, and spring semester performers will be announced at a later date.

MJ's Coffeehouse is located across from campus on Route 422, attached to the Allen Theatre. For more information about MJ's and the Allen, please visit www.allen-theatre.com.

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**CAMPUS
CRIMEWATCH**

All information courtesy of the LVC Department of Public Safety

10-2-10 | Campus**Alcohol Violation**

Public safety received a call for an intoxicated student.

10-3-10 | 24 W. Sheridan**Vandalism**

A window was broken.

Please report any suspicious activity to Public Safety at x6111.

Family of state trooper speaks**NOELLE BARRETT '11**

CO-EDITOR OF LA VIE ONLINE

On Tuesday, Oct. 5, students gathered in Miller Chapel to hear a presentation by the family of the late Pennsylvania State Trooper Kenton E. Iwaniec. The entire campus was encouraged to attend the event held in hopes to raise awareness about driving under the influence.

On March 27, 2008, tragedy struck the family of Kenton Iwaniec. On his way home from his shift at Avondale Barracks in Chester County, a Chevy Tahoe crossed the center line of Rt. 41, hitting Iwaniec's vehicle head-on moments after hitting the driver's side of a pick-up truck. Iwaniec passed away two hours later.

The woman who hit Iwaniec had a blood-alcohol concentration more than four times the legal limit and was under the influence of Oxycodone.

Iwaniec's family holds these speaking events to keep his memory alive and prevent these tragedies.

Aimee Paine, PA State Trooper and adjunct professor of Sociology who organized the presentation, said, "We all know people continue to drink and drive and

countless innocent victims are killed each year in PA due to the irresponsible choices of those who do so. However, this family refuses to give up, and if they can change just one person, get one person to think and make the right choice, then they succeeded in their goal." Iwaniec's family's efforts go beyond speaking engagements. The Trooper Kenton Iwaniec Memorial Fund has been established in which contributions are used to support DUI prevention programs.

On March 27, the First Annual TakeOff Race/Walk was held in honor of Iwaniec and other DUI victims. Almost 700 runners and walkers participated. The proceeds went to the purchase of 60 breathalyzers for local and state law enforcement agencies, bringing their total to 75.

The Second Annual Trooper Iwaniec Memorial Race is scheduled for April 2, 2011.

For more information on Iwaniec and his family's story and future speaking engagements and events, visit www.trooperiwaniec.org and to see more from the family's presentation in Miller Chapel, visit <http://lavieonline.lvc.edu>.

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Coffeehouse Series

9:30 PM October 6 @MJ's Coffeehouse

Brad Snyder**&****Brianna McGoff**

Come and support two LVC musicians as they rock the stage!

NEWS

HALT holds food drive

Student group donates to Ronald McDonald House, Caring Cupboard

JON LEER '12

LA VIE STAFF WRITER

Hunger Awareness Leaders of Tomorrow (HALT) collected canned goods and other non-perishable food items to donate to local charities. This food drive took place from Sept. 27 to Sept. 30 and was held as part of Hunger Action Month.

HALT held a similar food drive last September. All of the food collected will be split between local organizations, namely the Ronald McDonald House in Hershey and the Caring Cupboard in Palmyra.

The Ronald McDonald House provides housing for the families of children being treated at the Hershey Medical Center. Many of the

children have to travel long distances in order to receive treatment. The Ronald McDonald House is a location very close to the hospital that provides a home away from home.

The Palmyra Caring Cupboard provides food and other services to approximately 130 families per week.

HALT is a student-run community service group on LVC's campus. HALT's goal is to raise awareness about global poverty and hunger issues. The group also raises money for the international group "Action Against Hunger."

Action Against Hunger is currently involved in 40 nations around the world and benefits nearly five million people a year. One of Action Against Hunger's

main missions is to combat malnutrition. Another focus is providing safe drinking water and improving the sanitation of under-privileged towns and communities around the world. The third area of focus is the ability to provide safe food and food supplies.

HALT is planning two upcoming events for the fall semester. In October, HALT is planning to celebrate World Food Day with a fundraiser. In November, HALT will hold a hunger banquet to raise funding for Action Against Hunger.

For more information on how you can help HALT, contact Jimmy Kroll '11 (jfk003@lvc.edu).

J. LEER

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SG retreats to Delaware

ABBY TOMLINSON '12

KEVIN GARRITY '13

LA VIE STAFF WRITERS

Every year, the LVC Student Government (SG) takes a trip. But this is no ordinary school field trip; this is a retreat.

For as long as they can remember, each year the members of SG have looked forward to the annual SG trip, which this year landed the students in Bethany Beach, Del. You may wonder, a beach trip at the end of September? But, this was far more than a trip to the beach. It became a bonding experience for everyone in student government.

From Sept. 24 to 26, the students, along with their faculty advisor, Jen Evans, stayed in a house together like one big, happy family. Although they were broken up into rooms for sleeping purposes, during the day and between activities, they worked as one central group, getting to know each other inside and out through ice breakers and bonding games. Games included the beloved "Name Game," a personality quiz and even one involving a beach ball! These games were all based on getting to know each member individually, both through small group and

team exercises.

"If we didn't have the retreat, I don't know how else we would get a chance to bond and get to know each other," said Lindsay Griendling '12, representative. "Our meetings are always jam packed on Monday nights and most of us want to just get it done and get out of there."

Because the schedules of the SG members are hectic, regular meetings are about the only group activity where everyone can attend. This retreat gives them a great opportunity to get to know their new members and even become closer to those they've known for years.

"Before the trip, I didn't have a relationship with too many peers in SG, but afterward, I learned things about some of my peers and grew an appreciation for the things that each person brings to the table," Griendling said.

But, the weekend was not all fun and games. SG had two meetings over their three day stay: one to discuss the goals they hope to accomplish this year for themselves and their fellow classmates and another to catch up on what they missed during the last week.

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Settle your student account to register for classes

McKENNA SNYDER '14

LA VIE STAFF WRITER

Attention all LVC students: If you hadn't settled your student account by Monday, Oct. 4, you will now have a \$75 late fee. A check list has been provided by the Financial Aid Office to help students better understand what is expected of them.

Freshmen who wanted to be considered for need-based aid were required to submit the Free Application for Federal Student Aid 2010-11 (FAFSA) and LVC Institutional Data Form 2010-11. From there, incoming students should have received a financial aid package. Freshman are then to have sent back a signed award letter to the financial aid office to accept any money that was awarded to them by Lebanon Valley College.

If freshmen wish to borrow

their Direct Stafford loans, they must complete entrance counseling and complete a Master Promissory Note with the federal Department of Education through the Direct Lending Program.

Returning students must follow the same steps. Because of a recent change in federal law, returning students must also complete a new Master Promissory Note. This has been overlooked by many students, but it is impossible to borrow your eligible loans without having completed this vital step.

Students who are also applying for a private Student Alternative Loan should be aware that it will take a minimum of 17 days from the time of application until funds are approved and credited to their account. Most students will need to have a creditworthy co-borrower in order to be approved for an alternative loan.

Please note: Students who have not settled their account by Nov. 1 will not be allowed to register for spring classes; spring registration begins on Nov. 5.

Your account may be accessed online at MyLVC under the Access tab. In this link, you are able to see your current balance, any bill activity for the past 60 days, financial aid by term and financial aid by year. Aid can either show as accepted, pending or estimated. Students should pay careful attention to these statuses to ensure payment on the correct dates.

If students have any questions regarding their account, they can call the Business Office at ext. 6300. If students have questions regarding their financial aid, they can call the Financial Aid Office at ext. 6126.

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Student Government Update: 10.4.10

Dance team official, Verizon tower discussed

ABBY TOMLINSON '12

KEVIN GARRITY '13

LA VIE STAFF WRITERS

This week, SG discussed the issues of updates on women's sports teams and a few renovations going on around campus.

The LVC dance team has officially been formed. With captains Chynna Walker '12 and Claire Deibler '12, the dance team has seen an increase of five girls this year. Look for them to be performing throughout the year with their new uniforms. Also, the women's rugby team will be receiving new uprights, (field goals) courtesy of SG.

SG has also been discussing the renovations of Mund, beginning in late October/early

November, consisting of renovations to the outside of the building to build a new kitchen. The 90 Mund parking spots will not be available during this time, but will be replaced by the space from the recently knocked down pizza shop across the street from Derickson B.

A few changes have been made concerning the Verizon tower coming to Annville. The tower will no longer be put on top of Blair, but will be placed out by the LVC practice fields. SG is still waiting on zooming approval, but expect more information soon.

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Corrections & Clarifications

It is our continuing goal to provide readers with complete and accurate information. To that end, we welcome and encourage notification of any mistakes. Readers who wish to submit corrections should send an email to lavie@lvc.edu, subject line: *Corrections*.



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Features

Interview with a feminist

ANDREW TEXTER '12

AMY NORDALL '12

LA VIE STAFF WRITERS

Theodora Hermes '12 is proud to be president of LVC's feminist club, F-Word. With its "F" for "feminism," the club can be controversial, from its ambiguous name to its counter-culture principles, but Hermes reveals a human face.

Hermes notes that feminists, including the members of F-Word, are often depicted as uncompromising, overweight, aggressive women who can't get boyfriends.

Lauren Scott '12 notes that "feminism sometimes works against gender equality because it merely makes women hate men rather than actually solving the problem."

For Hermes, the members of F-Word couldn't be further from that

portrayal.

Since its founding in 2003 by a group of feminist LVC students and professors, including Dr. Catherine Romagnolo, F-Word has never once met to create a space where women can complain about men. Instead, F-Word meets once a week to discuss how to make LVC and the world a better place through gender equality.

The members of F-Word are diverse. Both men and women attend F-Word meetings, and members come from a variety of background and beliefs. The one thing many do agree on is that the goal of feminism isn't female superiority but gender equality, since both men and women are hurt by gender roles.

Describing F-Word's type of feminism, Hermes says that "feminism is a part of making a better world for men and women and a society where

men and women are more free to be who they want to be."

F-Word hosts activities on campus including The Vagina Monologues, the "Love Your Body" Cam-



paign and the Red Flag Campaign. These events raise awareness about sexual violence and encourage women to love and respect their bodies.

As president of F-Word, Hermes is responsible for creating that discourse to raise awareness of gender

issues on campus and coordinating these events.

For Hermes though, feminism isn't just something that she does at LVC; it's something that has been important for her entire life.

Hermes comes from a long line of feminists.

One of Hermes' greatest feminist influences is her mother, Aphrodite Hermes. When Hermes was 10 years old, her family left a local church in Myerstown because the male clergy would not allow women to pray out loud or lead prayer. Though Aphrodite Hermes had only recently become a Christian, she felt it was wrong that women's voices could not be heard during the services. Theodora's mother worked with church leaders to see if this tradition could be revised, but when church leaders still would not allow women to

speak, she made a tough decision and left the church her family loved. For Theodora, this moment is one of many that defined her as a feminist. It exposed her to the injustice of gender inequality, and it planted in her the voice that fights oppression. Hermes attributes her feminist attitude to her mother because of this and many other times Aphrodite has stood against oppression.

In her free time, Hermes enjoys drinking coffee and spending time with the poetry of Audre Lorde. She also teaches an "American Girl Literature" class at Myerstown Enrichment Center for homeschooled girls. After LVC, Hermes plans to go to graduate school to major in either literature and/or gender studies.

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OCTOBER EDGE workshops

- October 4: True Colors; 8 p.m., Mund (lower level meeting room), led by Jen Evans
- October 6: Personal Leadership Development; 5 p.m., Mund (lower level meeting room), led by Brooke Donovan and Chase Ferrario '12
- October 14: Introduction to Social Justice; 5 p.m., Mund (lower level meeting room), led by Ashley Conzelmann '11
- October 19: Managing Personal Finances; 7 p.m., Mund (lower level meeting room), led by Ferrario
- October 21: Sports Psychology; 7 p.m., Mund (lower level meeting room), led by Dr. Linda Dench
- October 26: Running Effective Meetings; 7 p.m., Mund (lower level meeting room), led by Ferrario
- October 28: What is Leadership?; 5 p.m., Mund (lower level meeting room), led by Conzelmann

Catching up with the grads

JAKE KING '11

LA VIE STAFF WRITER

David Warner '02 and Kristine Warner '03 are busy people; after graduating from Lebanon Valley College, David went to law school at Widener University and has spent the last three years as an attorney in Lebanon. Kristine has worked "just about every political or advocacy job you can think of," including a position on the Palmyra Borough Council, and is currently running for the District Judge seat in the area.

On top of all of this, the Warners were married and in 2008 started a family, giving birth to their son, Micah. But for these LVC grads, keeping on their toes is nothing new. During his time at LVC, David was a part of Student Government, worked in the College Store and was a member of both APO and College Republicans.

Kristine was a member of both the swimming and basketball teams for a time and in her senior year was actively involved in the Fisher for Governor Campaign of 2002 through her internship. According to Kristine, it is a strong work ethic that has gotten them both so far in such a short amount of time.

"I think the key to us getting to this point is that we both work hard...

all the time. Even in our entry level jobs straight out of college, we worked harder and longer hours than our colleagues. That helped us earn reputations that in turn lead to new opportunities," Kristine says. "[But] while we enjoy our careers, the part of the day we look forward to the most is coming home to just hang out as a family with our neighbors and friends."

As for advice for current students, both David and Kristine stress the importance of internships in making oneself a marketable employee. Kristine's work on the Fisher campaign, for example, led to another internship which in turn led to her first job out of college.

"In this economy, it's so difficult to find a job. It's even harder when you come out of college with no real world experience. Everyone you meet at college can be a future resource to lead to another opportunity in life. I'd encourage you to meet everyone you can and broaden your horizons," David says.

At the same time, there is a certain balance of work and play. The Warners are both very happy with their current life, but there are still a few things they miss about LVC, such as having all their friends on one campus, "afternoon naps and going to class in sweatpants and a hooded sweatshirt."

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Arts & Entertainment

Take a walk on the town at Lebanon's "First Friday" artwalk

SUZY BIEVER '12

LA VIE STAFF WRITER

Have you ever sat in your dorm or apartment on a Friday night not knowing what to do? You could stay on campus and go to some of the school sponsored activities, but you did that last weekend. You could take a walk through Annville, but there's nothing new there. So what is something new, exciting and attention-grabbing that you could try? Well, try Lebanon. Sure, Lebanon is a small city, but hidden deep within are a few cozy little places just waiting to welcome you inside.

All of these little niches are a part of the First Friday Art Walks which take place the first Friday of every month. These walks, hosted and organized by the Lebanon Valley Council on the Arts (LVCA), are composed of a handful of venues—fourteen total—which stay open later on the these Friday evenings and host showcases of local artists and musicians. LVCA offers a link on their website, www.leba-

nonartscouncil.org, connecting to a map of the various locations participating in the art walks. The map also shows various free parking locations. Anyone desiring to attend the First Friday Art Walks does not have to pay a thing. Parking is free, observing the various artist showcases is free, listening to the various musicians is free and walking is, well, free. So what isn't there to like about a free evening full of Lebanon's hidden gems?

The various venues range anywhere from the Salem Lutheran Old Salem Church, which hosted

watercolors by Mary Kopalo and David Evans as well as photography by Brenda Steffan and Tim Frye

their services. For example, Niko's Restaurant offers 10 percent off with the presentation of the First

Friday Art Walk coupon located on the flip side of the map available at all participating locations. While the various artists and musicians sharing their work with the public may change every month, a majority of them stay the same. They may not be big names or famous people, but sometimes it is the undiscovered artists which are the best kind.

Pamela Brightbill, co-owner of the Timeless Café, says that the art walks are "reminiscent of yester year when everyone stayed out late on Tues-

day and Friday nights just hanging out." This old school feel pervades as "art walkers" walk down the streets of Lebanon, passing men sitting out front of shops strumming guitars and traversing before the revamped Lebanon Farmer's Market, lit up with visitors checking out the various arts and crafts housed inside.

Tess Wathen, also involved in the Art Walk, says, "It's great to see the community come together...to see all of the various musicians and artists come out." While some locations of the Art Walk may seem sparse in some spots, representatives say that the turnout is increasing each time. Anyone interested in having their own artwork exhibited at the First Friday Art Walk should contact the LVCA. And the next time you are struggling to find something to do on the first Friday of the month, give Lebanon a chance and take a stroll down its streets brimming with art and music prepared to entertain, all with an old-school spin.

S. BIEVER

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Image courtesy of Google Images

this past Friday, to the more upscale Niko's Restaurant, which presented music by Scott Galbraith. Some locations offer discounts on

"The Social Network" successfully connects

The new film about Facebook offers a refreshing movie-going experience

SEAN DEFFLEY '11

LA VIE GUEST WRITER

Let's face it, logging into Facebook has become a rather mundane and routine part of our lives. It could be called ironic that something that seems so familiar and professional could be born from one of the most dramatic, emotional stories of this generation.

At its heart, *The Social Network*, directed by David Fincher, chronicles the events leading to the creation of the online behemoth Facebook. In reality, the website itself ends up becoming a sort of MacGuffin—that is, a continuous plot element which exists simply to further the story of the characters. The characters are truly the driving force of this film. It would be, perhaps, impossible to view this movie without finding yourself becoming emotionally attached to the char-

acters. For the most part, the cast consists of relatable college-aged 20-somethings each with their own set of emotional problems and obstacles. The movie opens in a bar in 2003 with a shot of Mark Zuckerberg (Jesse Eisenberg) rambling about a need to be more popular in the elitist social community of Harvard University. This desperate need for attention causes his girlfriend, Erica (Rooney Mara), to dump him, leaving him even more hellbent on gaining popularity and winning back his now ex-girlfriend. This scene sets the tone for the movie as well as the backbone for a chain of events that result in the creation of Facebook.

Throughout the film, Eisenberg establishes Zuckerberg as not only a relatable college kid, but also a budding genius. His repetitive one-line comments and revelations

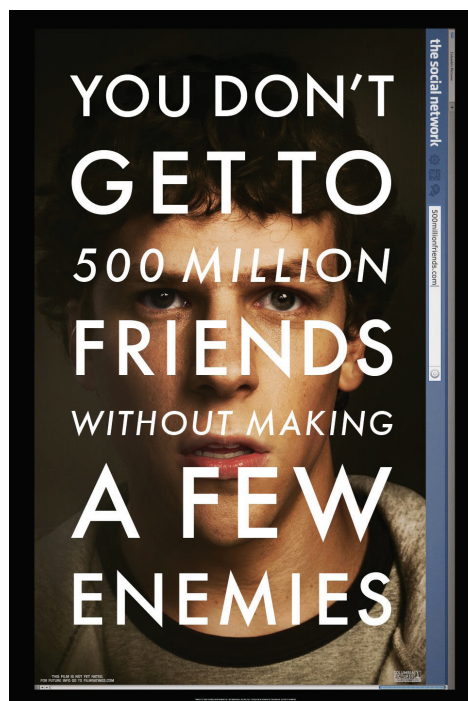


Image courtesy of Google Images

throughout the movie are, fittingly, fodder for intellectual thought-provoking Facebook statuses. Eisenberg's portrayal of Zuckerberg is

not the only breakout performance of the movie, however. Justin Timberlake deserves a sincere tip of the hat as well for his portrayal of Sean Parker, the founder of Napster and more relevantly, Zuckerberg's informal business advisor for Facebook. Timberlake's performance is remarkable as he sets up his character as a boisterous, greedy, megalomaniac bent on tearing down corporate America one leg at a time. Timberlake's take on Sean Parker is almost akin to Neil Patrick Harris' character on the hit television show *How I Met Your Mother*, but still unique enough to merit praise.

So, in a movie filled with wildly entertaining corporate frenzy and college melodrama, how much truth is there to the story? According to a Facebook founder,

Dustin Moskovitz, the movie is a "dramatization of history," claiming the story as a whole to be true, but the subtle character nuances and dramatic events to be somewhat exaggerated. But truth and accuracy aside, the movie is a refreshing piece of cinema that moviegoers have needed for quite some time. In a blockbuster film industry filled with eye candy-filled movies like *Avatar*, *Inception* and interpretations of every comic book franchise ever written, *The Social Network* takes that which is most important to a movie—the story—and reinforces it with great performances and realism, providing for one very enjoyable night at the movies.

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PERSPECTIVES

Healthy Living

Is your “diet” failing? Here are some tips for eating healthy.

Letters to the Editor

La Vie Collegienne requires all submissions to contain the author's name, telephone number, address and/or e-mail address. No letters can be considered for publication unless the above criteria are met.

Telephone numbers and addresses will not be printed. Submissions will be strongly considered for publication if they contain the author's rank, major, or professional capacity.

Letters should be no longer than 200 words. All submissions to “Perspectives” become property of *La Vie Collegienne*. *La Vie* reserves the right to edit submissions for space or for content that is vague, repetitive, libelous, or profane. It is not *La Vie*'s responsibility to check for factual inaccuracies within submissions. The editor will have the final determination concerning such matters.

Letters, columns, and opinion-based articles are not necessarily representative of *La Vie*'s opinion or Lebanon Valley College.

Submissions may be e-mailed to lavie@lvc.edu, hand-delivered to our Mund office, or mailed to the address below.

SARAH KALTREIDER '11

LA VIE GUEST WRITER

With the semester approaching mid-terms, it is easy to fall off the healthy-eating plan that you aimed to stay on at the beginning of the semester. Whether you are a freshman dreading the “freshman fifteen” or a senior who's had too many excursions to the bar, weight gain in college can sneak up quickly. So, do not blame the dryers for why your jeans suddenly feel tighter. Take away some of these healthy eating tips to stay slim and improve your eating habits.

Eat when you're hungry, and stop when you're full. It seems like a simple concept, but often we mind-

lessly rush through meals or eat out of boredom. Twenty minutes is the time for the body to recognize it is full, so wait a little before getting a second helping. Never skip meals, and this includes breakfast. Skipping meals causes a drop in metabolism and the likelihood of over eating at the next meal. If there is

no time for a meal, pack something to hold you over. Yogurt, almonds, fruit or a high-fiber granola bar are good choices. Breakfast gives your metabolism a boost to burn

more calories throughout the day, so even if you're not hungry in the morning have something light to start the day.



It's no surprise the dining hall has options that are not the best for the waistline. With fries, pizza and desserts around, it can be tempting to avoid. As difficult as it may be, try to train your body to eat healthier foods. Create a salad

with grilled chicken, or substitute a sandwich on whole-wheat bread instead of white bread. Adding more vegetables, fruits, whole grains and lean proteins will be more satisfy-

ing than eating processed foods. Make sure what condiments and toppings you add to food aren't making it unhealthy either. The salad with chicken is initially a good option. But adding cheese, croutons, bacon and creamy dressing to it makes it about as healthy as a bacon cheeseburger.

“Diets” do not work but following a healthy life-style does. So therefore, have your Chicken Finger Thursday. Everyone needs to cheat once in a while to avoid deprivation—but just make sure to stick with the one serving of chicken fingers and mac and cheese.

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THE DRAMA MAMAS:

Dear Drama Mamas,

I have been seeing this guy since the summer, and all those summer nights together were wonderful. There are not even words to describe how well we go together. We met at the beach, and since my family and his are down there quite a bit I got to see him all the time. It also turns out that we were going to the same school! Problem is, when we got back to school he turned out to be a bit of a jerk. I tried to figure out what was going on so we went on a date. We were alone at a drive in movie and had a really good talk about it. So, despite all the jerking around he's still the one that I want. I have kinda come to the conclusion that there are worse things I could do than date a guy who is a jerk sometimes. I've also started smoking and dressing the way he likes; it seems to have helped things a lot. What do you think about all this? And is it okay to change who I am for him?

Sincerely,
A Sticky Situation



Want Answers?

Need a problem solved? Do you have trouble with certain issues in your life? E-mail the Drama Mamas and see what they have to say! Email questions to seb005@lvc.edu and read LaVie to see your answer!



S. BARKMAN
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Dear Sticky Situation,

One word: NO. It is absolutely not ok to change who you are for someone with whom you are in a relationship. If you are in a relationship, you should love each other for who you are. No one should be forced to change. There is no reason to pick up smoking and dress the way that he wants you to dress. Come on ladies, this is the 21st century – independence anyone? Do not let your boyfriend or anyone else tell you what to do, what to like/dislike, how to dress, etc. Of course, in every relationship people will change. But people change all the time. If you start dressing differently because you have been inspired by Lady Gaga for example, that's different, – he is not ‘making’ you dress that way. Also, changes such as improving your communication skills and learning to compromise -- good changes -- are fine.

Relationships will only succeed if you know how to communicate and compromise. That said, if you cannot talk to your boyfriend about how you are feeling, then your relationship is not as strong as you believe it is.

And in response to the other question, yes - boys can be jerks sometimes (and to be fair so can girls). However that is not an excuse for him mistreating you in any way. He should talk to you with respect. Not only that, but you must demand respect for yourself. Do not be afraid to put him in his place; meaning that you must let him know when he is in the wrong. Stand up for yourself, and if you are afraid to talk about it, then maybe it isn't a healthy relationship.

Bottom line, you need to first figure out who you are, and be loyal to yourself above all others. Follow your instincts and do what you believe is right – but be strong, demand respect, and be confident in who you are. Once you do these things, you will attract someone who is right for you and loves you for who you truly are.

Much Love,
Drama Mamas

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La Vie Collegienne is published every Wednesday of the academic year. Meetings are held Mondays at 6 p.m. in our Mund office, activities room #3. We're always looking for new writers!

SPORTS

SCOREBOARD

Men's Cross Country
@ Paul Short Run, 10/1: 12 of 32

Men's Soccer
vs. Misericordia, 9/29 :
W 2-1, OT

Football
@ Delaware Valley, 10/2 : L 6-38

Men's Tennis
vs. Cabrini, 10/2 : W 9-0
vs. Juniata, 10/3 : L 4-5

Women's Cross Country
@ Paul Short Run, 10/1 : 29 of 41

Field Hockey
@ Gettysburg, 9/22 : halted due to
lightning, LVC led 2-0

Women's Tennis
vs. Juniata, 10/3 : W 7-2

Field Hockey
vs. Susquehanna, 9/30 : W 7-2
@ Eastern Mennonite, 10/2 : W 4-1

Women's Volleyball
@ Haverford, 9/29 : L 1-3
vs. DeSales, 10/2 : W 3-2
vs. Eastern, 10/2 : L 2-3

ATHLETES OF THE WEEK

MARISA MAXWELL FIELD HOCKEY

Senior Marisa Maxwell scored her first career hat trick in the Dutchmen's 7-2 victory over Susquehanna University on Thursday, Sept. 30. Maxwell scored her three in only 7:55. Maxwell also scored the first goal in the team's 4-1 victory over Eastern Mennonite.



ANDY SUPROCK SOCCER

Sophomore Andy Suprock scored a goal in the 98th minute of play against Misericordia on Wednesday, Sept. 29, securing the 2-1 overtime victory. The goal was Suprock's fourth of the season.



Field hockey remains flawless

SHERAE JONES '11
LA VIE STAFF WRITER

The Women's Field Hockey team is off to a perfect start. They now stand at a flawless 9-0. However, the team's success is a result of collaborative teamwork.

While hosting Susquehanna

University last Thursday (9/30), senior Marisa Maxwell had her first career hat trick. Sophomore Cait Vasey also saw herself in the spotlight as she contributed three assists, which marks her the fifth person in the LVC program to reach 25 assists. The sophomore did it in just 31 games. Shelly

Lobach '11 made her 40th career assist against the Crusaders. Scoring was not an issue for the Dutchman. Jocelyn Novak '12 and Allison Bicher '11 both contributed to the scoring.

LVC dominated the entire game, outshooting Susquehanna 37-9 and in corners 12-3. Junior Christine Poletti had three saves.

On Saturday, the Dutchmen traveled to Eastern Mennonite University. The team defeated the Royals 4-1. The Dutchmen outshot the Royals 32-10. Lobach, Bicher and Maxwell all contributed to scoring. Sophomore Cait Vasey also scored. Poletti had one save.

LVC will continue to defend its ranking at fourth in the nation on Wednesday, Oct. 6 the team will host 20th-ranked Franklin & Marshall College at 4 p.m. at the In the Net complex in Palmyra. Fans are encouraged to wear red, as the game will be for AIDS awareness. Come support the team!



Photo courtesy of GoDutchmen.com

DUTCHMEN DOMINATION Sophomore Caitlin Vasey scored one in the 4-1 Dutchmen victory over Eastern Mennonite

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Schedule

Thursday, 10/7

Golf @ Alvernia Tournament,
12:30 p.m.

Friday 10/8

Field Hockey @ Gettysburg,
4:30 p.m.

Volleyball vs. Neumann, 5:30
p.m.

Ice Hockey @ Muhlenberg, 7
p.m.

Saturday, 10/9

Volleyball vs. Bridgewater,
10:30 a.m.

Men's Cross Country @ De
Sales, 10:30 a.m.

Women's Cross Country @
DeSales,
11:15 a.m.

Football vs. Wilkes, 1 p.m.

Field Hockey @ Shenandoah,
1 p.m.

Women's Soccer @ Alvernia,
1:30 p.m.

Volleyball vs. Frostburg State,
1:30 p.m.

Men's Tennis vs. Ursinus, 2:30
p.m.

Men's Soccer @ Alvernia, 4
p.m.

Women's Tennis @ Common-
wealth Conf. Individuals, all
day

Football falls to No. 13 Delaware Valley

Offensive struggle and injury influence in 38-6 loss

DAN CALLAHAN '14
LA VIE STAFF WRITER

Lebanon Valley rolled into Doylestown, Pa., coming off their first win of the season, to go head-to-head with the 13th-ranked Delaware Valley (DVC) Aggies. The Aggies' high-powered offense and defense put up big numbers, giving the Dutchmen an 0-1 start in MAC play by losing 38-6.

Starting quarterback Caleb Fick '11 sat out with injury concerns, so that turned the ball over to junior Colt Zarilla for the first starting performance of his career. He surely felt the pressure, being sacked six times before leaving the game with an injury. Overall, he went 8-17, with a passing touchdown and two interceptions. The rushing game couldn't seem to get anywhere either, with leading rusher Ben Guiles '12, who entered the game



Photo courtesy of GoDutchmen.com

STRUGGLE MOVING CHAINS Junior Blair Ransom led the Dutchmen with 25 yards rushing after sacks. The team was held to 45 total rushing yards after sacks

as the 15th-leading rusher in the nation, was held to only 15 rushing yards.

For the opposition, the Delaware Valley offense tied a school

record by recording five passing touchdowns in the game. Defensively, DVC allowed Lebanon Valley College to acquire only 140 total yards of offense.

In an interview with GoDutchmen.com, Head Coach Jim Monos stated how playing such a good football team led to both offensive and defensive struggles all day long. "Run or pass, they had their way with us. With us struggling offensively, it kept the defense on the field way too much." Monos went on to say, "I gotta believe that we can learn from this... we can look over the tape, and see that we didn't perform like we're capable of.... They are a very good football team."

The Dutchmen are now 1-3 on the season, but will look to bounce back next week at Arnold Field in Annville against the Wilkes University Colonels at 1 p.m. before facing Fairleigh Dickinson University-Florham Devils on Saturday, Oct. 16 at 1 p.m. for Oktoberfest weekend.

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SPORTS

Cross country running towards success

ALYSSA WARGO '11
TABITHA BROBST '11
LA VIE STAFF WRITERS

The LVC Men's and Women's Cross Country teams started the season out on a strong foot. Beginning on Sept. 4, the team ran in the Delaware Valley College Invitational. The women placed third out of 18 teams thanks to top 10 finishes by seniors Jenn Cronin and Megan Long. The men also had a strong showing, with an eighth place finish.

On Sept. 11, both the men and women topped regionally-ranked Gettysburg at the 38th Annual LVC Invitational at Memorial Lake State Park. Cronin led the pack for the women with a time of 18:47. Other top finishers were Cynthia Adams '14, Long, and Kristin Shoop '13, who placed fifth, sixth and tenth respectively. The men's team placed four runners in the top six. John Wallace '13 placed second followed by Brad Sweigart '11, who came in third, Nick D'Angelo '12, who came in fourth and Matt Nesmith '13, who finished sixth. Strong finishes by Cronin and Wallace led them to be named the Middle Atlantic Conference Cross Country runners of the week on Sept. 13.

The men's and women's teams continued success on Sept. 18 at the Dickenson College Long – Short Invitational. Cronin placed fourth overall but was first among Division



Photo courtesy of GoDutchmen.com

III. Adams and Shoop also had strong runs for LVC finishing 13th and 22nd. Wallace was LVC's top male finisher in 42nd place.

Currently, the women's team is ranked seventh in the Mideast Regional ranking by the U.S. Track and Field and Cross Country Coaches Association.

This year, the outstanding runners for the Dutchmen are Cronin, Adams, Long, Wallace and Sweigart. Cronin has dominated these past three years, and this year is no exception. Already, the team has had three meets this season, and Cronin has placed first, for Division III schools, in every meet. Although Cronin was an outstanding soccer player and track star in high school, it was her track coach that wanted her to par-

ticipate in cross country instead of soccer. That decision paid off last year when Cronin became the first female at LVC to qualify for nationals. This year, Cronin would like the team to get its first conference title, and she personally would like to qualify for nationals again and receive the conference title.

Long started her cross country career when she transferred to LVC in her junior year. So far this year, Long has run well, coming in second and third in two meets. Long's expectations are to improve her times, and she would like the team to qualify for nationals.

Adams came to LVC from Southern Columbia School District, where she was a state medalist in the 800 and the 4x8. Although Adams never

ran cross country before, she has consistently come in second behind Cronin at every meet. Adams' expectations these next four years are to run better and lower her times.

Sweigart started his cross country career in middle school. During high school, he also participated in indoor/outdoor track and field. So far at LVC, Sweigart finished in third at the LVC Invitational and has been named to the second team all Middle Atlantic Conference (MAC) twice. His expectations are to qualify for nationals, be in the top ten in MAC and he would like the team to come in second in the conference.

Wallace started his cross country career this year for the Dutchmen. However, he has been running for the past eight years. This year, Wal-

lace came in second at the LVC Invitational. His expectations these next three years are to contribute as one of the top runners and be in the top ten in MAC.

On Friday, the LVC Cross Country teams went to the Paul Short Invitational at Lehigh University. The invitational is the largest collegiate meet on the east coast this fall. The women competed in the Brown Race, which is a stronger race, and the men competed in the White Race.

To prepare for the invitational, Cronin said, "I scope out times of runners, so I know what is expected of me."

On the other hand, Sweigart said, "I prepare by visualizing myself doing well at the meet, it helps to calm my nerves."

The women finished 29th out of 41 teams. Individually, Cronin finished 16th overall, 4th in Division III, with a time of 22:23. Shoop was LVC's second scorer finishing 96th overall with a time of 23:36. For the men, the team finished 12th overall. Individually, Wallace was the first scorer for LVC, finishing 34th overall with a time of 27:18. D'Angelo was LVC's second scorer, finishing 42nd overall with a time of 27:30.

Coming up for the Dutchmen is the Desales Invitational on Oct. 9 and the Haverford Invitational on Oct. 22.

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Women's soccer to support breast cancer awareness

LAUREN SCOTT '12
SPORTS EDITOR

In the month of October, the women's soccer team will begin an initiative, Pink on the Pitch, by wearing pink jerseys during home games in honor of Breast Cancer Awareness month.

The Dutchmen will be auctioning off the jerseys at the end of the month. Bidding begins Oct. 1. Bidding can be done at home games or online by e-mailing head coach Lauren Frankford at frankfor@lvc.edu. Bidding up-

dates will occur daily and can be found under Women's Soccer on godutchmen.com

On Oct. 30, LVC's Colleges Against Cancer will attend the last home game of the month and will be selling t-shirts for \$10 to help raise money for the cause. Donations will be accepted at home games throughout the month. All proceeds from LVC's First Annual Pink on the Pitch initiative will be given to the Lebanon Chapter of the American Cancer Society.

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Photo courtesy of GoDutchmen.com